



CÉLESTE BOUFFARD
PELVIC HEALTH PHYSIOTHERAPY



Break Free!... We Can Help with:

Pelvic Pain
Pelvic Surgery
Pregnancy
Incontinence
Overactive Bladder
Prolapse
Pain with Intercourse
Chronic Prostatitis
Pre and Post Prostatectomy
Testicular & Penile Pain
Erectile Dysfunction

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How do I know if I need a Pelvic Physiotherapist?

Do you have to rush to the bathroom more than 5-7 times per day?

Do you wake up frequently at night to go to the washroom?

Has your doctor told you you have a prolapse?

Are you pregnant and dealing with pain and difficult mobility?

Do you have chronic low back or hip pain that didn't improve with other treatments?

If you answered yes to any of these, chances are, you could benefit from a pelvic health physiotherapist.

What is pelvic floor physiotherapy?

Pelvic floor physiotherapy is the assessment and treatment of dysfunctions of the pelvic floor muscles. During the assessment you should expect that your therapist observe your posture, mobility and movement patterns. More specifically they will assess the connective tissue by palpating the tissues of the pelvic floor, abdomen, back, hips and thighs. Special tests are undertaken depending on your presentation. Observation of the perineum is important to assess the integrity of the tissues.

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